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JESSEN, Henning

000: 2:55:24

00: Berlin

00: 509

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 154 (of 233)

00000/0: 135 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 18(of 23)

0000000: 2:04:10

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	37:02	24:41	19	15:57	153	16:26	1.50	37:02	24:41	19	15:57	153	16:26
Wechsel S -> R	0.26	2:56	11:16	11	1:31	71	1:31	1.76	39:58	22:42	17	16:18	139	17:09
Schwimmen 000	1.76	39:58	22:42	17	16:18	139	17:09	1.76	39:58	22:42	17	16:18	139	17:09
Rad netto	40.00	1:17:56	1:56	14	16:43	128	16:43	41.76	1:57:54	2:49	18	31:17	135	31:17
Wechsel R -> L	0.13	2:24	18:27	21	1:41	152	1:41	41.89	2:00:18	2:52	18	32:58	137	32:58
Radfahren 000	40.13	1:20:20	2:00	17	18:24	133	18:24	41.89	2:00:18	2:52	18	32:58	137	32:58
Lauf	10.00	55:06	5:30	18	18:16	134	18:34	51.89	2:55:24	3:22	18	51:14	135	51:14